

CLAIMS

1. A method of substantially uniformly applying a quantity of salad dressing in an individual portion size salad contained in an individual portion size container comprising:

providing a vertically elongated upstanding individual portion size cup-like container having a vertical axis and an open top;

substantially filling the cup-like container with salad;

adding to the cup-like container a quantity of salad dressing;

thereafter attaching a container lid to the open top of the cup-like container to close the cup-like container in a substantially liquid leak-proof manner, the lid providing an enclosed volume in addition to the volume of the cup-like container that is between at least about 10% the volume of the cup-like container and substantially less than the volume of the cup-like container; and

shaking the closed cup-like container in a to-and-fro direction substantially along the vertical axis of the cup-like container to cause the salad and salad dressing to periodically contact the container lid and to cause the salad dressing to move relative to the salad until the salad dressing is substantially uniformly applied on the salad.

2. The method of claim 1 wherein the lid is dome-shaped.

3. The method of claim 2 wherein the dome is a hemisphere.

4. The method of claim 1 wherein the container is of a generally cylindrical shape.

5. The method of claim 1 further comprising providing a long-handled fork for consuming the salad contained in the container, the fork having a handle longer than the height of the container.

6. The method of claim 1 wherein said container further comprises a coating of a low surface tension material on the inner surface of the container.

7. The method of claim 1 wherein a portion of the salad present in the container is disposed above the top of the container.

8. The method of claim 1 wherein the volume enclosed by the lid above the top of the container is at least about 20% of the volume of the container.

9. The method of claim 1 wherein said shaking reduces the volume of salad in the container.

10. The method of claim 1 wherein the volume enclosed by the lid above the top of the container is between about 10% to about 20% the volume of the container.

11. The method of claim 1 wherein the container is shaken for about 5 seconds to about 10 seconds.

12. The method of claim 1 wherein the salad is composed of a plurality of salad pieces and said shaking disperses salad dressing onto each salad piece.

13. A method of substantially uniformly dispersing a quantity of an edible liquid in an individual portion of food contained in an individual portion size container comprising:

providing an elongated upstanding food container having an open top that is substantially filled with solid food pieces;

adding to the food contained in the container a quantity of a desired edible liquid;

thereafter attaching a lid to the open top of the food container to close the food container to provide a substantially liquid leak-proof seal between the lid and the container, the lid providing an enclosed volume in addition to the volume of the food container that is between at least about 10% the volume of the food container and less than the volume of the container; and

shaking the closed food container until the edible liquid is substantially uniformly dispersed on the food.

14. The method of claim 13 wherein the lid is dome-shaped.
15. The method of claim 14 wherein the dome is a hemisphere.
16. The method of claim 13 wherein the container is of a generally cylindrical shape.
17. The method of claim 13 further comprising providing a long-handled fork for consuming the food pieces contained in the container, the fork having a handle longer than the height of the container.
18. The method of claim 13 wherein said container further comprises a coating of a low surface tension material on the inner surface of the container.
19. The method of claim 13 wherein a portion of the salad present in the container is disposed above the top of the container.

20. The method of claim 13 wherein the volume enclosed by the lid above the top of the container is at least about 20% of the volume of the container.

21. The method of claim 13 wherein said solid food pieces are selected from the group consisting of lettuce, edible leaves, pasta, noodles, cheese, vegetables, fruit, cereal, meat, chicken, fish and combinations thereof.

22. The method of claim 13 wherein said edible liquid is selected from the group consisting of sauce, salad dressing, condiments and gravy.

23. The method of claim 13 wherein said shaking reduces the volume of food pieces in the container.

24. The method of claim 13 wherein the volume enclosed by the lid above the top of the container is between about 10% to about 20% the volume of the container.

25. The method of claim 13 wherein the container is shaken for about 5 seconds to about 10 seconds.

26. The method of claim 13 wherein said shaking disperses the edible liquid onto each solid food piece.

27. A method of substantially uniformly applying a quantity of salad dressing in an individual portion size salad contained in an individual portion size container comprising:

providing a vertically elongated upstanding individual portion size cup-like container having a vertical axis and an open top;

substantially filling the cup-like container with an individual portion-sized quantity of solid food contained in the container and a packet of liquid food suitable for application to the individual portion of solid food;

adding to the cup-like container a quantity of liquid food from the packet;

thereafter attaching a container lid to the open top of the cup-like container to close the cup-like container in a substantially liquid leak-proof manner, the lid providing an enclosed volume in addition to the volume of the cup-like container that is between at least about 10% to about 20% the volume of the cup-like container; and

shaking the closed cup-like container in a to-and-fro direction substantially along the vertical axis of the cup-like container to cause the solid food and liquid food to periodically contact the container lid and to cause the liquid food to move relative to the solid food until the liquid food is substantially uniformly applied on the individual portion of food.

28. The method of claim 27 further comprising providing a long handled eating utensil for consuming the food contained in the container, the utensil having a handle longer than the height of the container.